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We Have Arrived!

Magnet Status 2006



**Report on Nursing Research and
Quality Outcomes / Volume II
2005 & 2006**

Message

Maine Medical Center has been known for its nursing research for many years. In 2001, MMC had a group of nurses who were committed to nursing research and had already conducted numerous projects. Supported by one nurse researcher, this core group of clinical nurses were not only successful in conducting research but they were instrumental in laying the foundation to create an environment of evidence-based practice. As members of the Research Council, they created the Clinical Scholar Program to educate a much larger cohort of MMC nurses in the tools and skills needed for research.

Building upon that work, in 2002 the Center for Nursing Research and Quality Outcomes was created to expand the level of support for research conducted at MMC. Today, we have over 300 nurses who have been educated to conduct research and high level quality improvement projects through the Clinical Scholar Program. This report captures much of the work and accomplishments of these clinical scholars as well as the accomplishments of the Center for Nursing Research and Quality Outcomes.

Evidence-based practice and the spirit of inquiry are alive and well at MMC. Clinical nurses at the bedside have once again demonstrated the highest level of professional practice and have become an example for others to emulate nationally and internationally.



Marjorie S. Wiggins, RN, MBA, CNAA, BC, Vice President of Nursing and Chief Nursing Officer (left) and Kristiina Hykräs, RN, MNSc, LicNSc, PhD, Director of CNRQO

A handwritten signature in black ink that reads "Marjorie Wiggins" followed by a stylized flourish.

Marjorie S. Wiggins, RN, MBA, CNAA, BC
Vice President of Nursing and Chief Nursing Officer

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The Center for Nursing Research and Quality Outcomes (CNRQO) is charged with the task of promoting excellence in clinical care and improvement of patient outcomes through the generation of new scientific knowledge and the translation, synthesis, and implementation of existing evidence into practice. It is dedicated to the discovery of new ways of providing care, integrating the findings into practice and disseminating the findings through presentations at local, regional, national and international nursing-specific and interdisciplinary conferences and through publication in peer-reviewed journals. The Center collaborates with disciplines outside of nursing and with faculty from academic settings in achievement of these goals.

Introduction

Magnet

The American Nurses Credentialing Center (ANCC) developed the Magnet recognition program to acknowledge healthcare organizations that provide nursing excellence. The journey for Maine Medical Center began in 2002. The process of appraising the qualitative factors in nursing that comprise the 14 Forces of Magnetism was lengthy and involved. CNRQO provided general administrative support as well as information about the quality of nursing care, patient satisfaction and the environment in which nurses practice. Deb Drew, Research Nurse Coordinator, provided the research evidence specifically addressed in Force #7.

The final application consisted of 19 volumes of documentation totaling more than 2,800 pages and after a three-day site visit, on May 16, 2006, Maine Medical Center was awarded Magnet status. In June of 2006, the Center took responsibility for ongoing Magnet commitments with Carole Parisien, Nursing Analyst, acting as the interim Magnet Coordinator. In this role, she participates in the Magnet Council and is responsible for the annual report to ANCC. Additionally, she is on the coordinators' listserv which is a tremendous forum for asking questions and sharing best practices. Carole collects summaries of communications and distributes them to interested practitioners at Maine Medical Center. Similarly, Kristiina Hyrkäs, Director, is on the nursing research listserv and has had the opportunity to discuss many different topics, including the possibility of joint research ventures with other Magnet hospital leadership, research nurses and staff.

Representatives from the Center attended the Magnet Annual Conference for the first time as a Magnet hospital in October 2006. This was another exceptional opportunity to network with representatives from other Magnet hospitals. It also was an opportunity to see that Maine Medical Center's Research, Evidence-Based Practice (EBP) and Quality Improvement (QI) initiatives compare very favorably with those of other Magnet hospitals.

An important component of the hospital's continuing commitment is mentoring of hospitals that have embarked on the Magnet journey. To date, this has consisted mostly of consultations on creating a culture of evidence-based practice. The Center fields e-mail and phone inquiries on this and other topics routinely. Deb Drew and Kristiina Hyrkäs have traveled on consults as well.



The Center has organized annual Nursing Research Conferences since 2001 in collaboration with the Nursing Research Council. In 2005 and 2006, the events were co-sponsored with support from Sigma Theta Tau's Kappa Zeta at-large chapter. The day-long event has served two purposes: to provide a venue for nurses to share projects and findings or results with colleagues; and to provide an opportunity for nurses to attend thought-stimulating and enthusiasm-building presentations from experts highly accomplished in their fields.

5TH ANNUAL NURSING RESEARCH CONFERENCE

The 5th Annual Nursing Research Conference was held on December 5, 2005. This was a great day on which Marge Wiggins, RN, MBA, VPN/CNO, welcomed the Center's new Director, Kristiina Hyrkäs, RN, MNsc, LicNSc, PhD. Marge and Kristiina shared the keynote address—speaking on the subject of Present Research and Quality Outcomes in a Magnet Environment—Visioning the Future. More than 120 nurses from Maine Medical Center, local colleges, and hospitals across the state attended. The afternoon session opened with a presentation by Frank Chessa, PhD, Director of Clinical Ethics, entitled “Research Ethics: Living a Double Life” and another by Marylou Nesbitt, RN, MS, AOCN, entitled “IRB: A Researcher's Best Friend.” There were 11 podium presentations and 13 posters on exhibit from MMC and local hospitals and universities (See Table 1). This was the first year that QI project posters were included from all of the nursing units to showcase the quality initiatives being implemented by nurses throughout the institution (See Table 2).



Kathy Dyer RN, BSN



*Bobbi Shirley, RN, and Richard Boisselle, RN,
Nursing Research Conference 2005*

6TH ANNUAL NURSING RESEARCH CONFERENCE

The 6th Annual Nursing Research Conference was held on October 13, 2006. The Center welcomed Sarah Jo Brown, RN, PhD, as the keynote speaker. Dr. Brown is the author of “Knowledge for Health Care Practice: A Guide to Using Research Evidence.” She is a Consultant for Practice-Research Integrations in Norwich, Vermont, and Director of Research for the National Association of Orthopaedic Nurses (NAON). Dr. Brown has published several articles in peer reviewed journals. Her presentation was entitled “Translational Research for Today.” The opening remarks were shared by Marty Riehle, RN, BSN, MBA, CNAA, BC, AVP of Nursing, and Kathy Dyer, RN, BSN, President of Kappa Zeta at-large chapter of Sigma Theta Tau. The podium presentations were given by Joanne Chapman, Deb Dolan, Kelly Lancaster, Jennifer Morton, Danielle Poulin, Sue Reeder, Tania Strout, Nina Swan, Tammy Whiting and Barbara Winship (See Table 3). There were a total of 33 poster presentations in the exhibit, which included local presenters as well as several from Central Vermont Hospital (See Table 4).



Sarah Jo Brown RN, PhD

Table 1. 5th Annual Nursing Research Conference
December 5, 2005

Presenter	Title of Presentation	Podium	Poster
Bonnie, D.	Perception of Well-Being in the Older Adult		✓
Bowden, K.	Neonatal Hypoglycemia Guidelines	✓	
Boyle, B. & Mette, S.	MMC Immunization Program	✓	
Chenoweth, S., Honess, C., Kent, T. & Kovacs, S.	Early Mobilization following Femoral Artery Access for Coronary Interventional Procedures		✓
Chessa, F.	Ethics in Research and Quality Improvements	✓	
Giobbi, K., Cannon, A., & Crocker, G.	Diabetes Guidelines in the Cardiac Rehabilitation Setting—Compliance and Outcomes		✓
Hyrkäs, K.	Present Research and Quality Outcomes in a Magnet Environment	✓	
Keane, K.	Pilot of the PAINAD Tool	✓	
Klem, D.	Palliative Care	✓	
Kramlich, D.	Pediatric Pain Assessment and Documentation	✓	
Lepich, S.	Tobacco Treatment in the Elective Bariatric Surgery Population		✓
Lyons, R., Richard, D., Going, J., Labrie, R, Lovejoy, E., Goran, S. & Tripp, P.	Quality Improvement Evidence Based Project Standard of Care, Ventilated Patients in SCU		✓
Morton, J.	The Cultural Competence Process of Caregiver's Undergoing an Immersion Experience in Ghana	✓	
Nayak, S.	Improved Interdisciplinary Communication and Clinical Practices: The Cornerstones of Safe Family and Patient Centered Care For the Pediatric Surgical Patient.		✓
Nayak, S.	Safe Patient and Family Centered Care: Interdisciplinary Care for Newly Diagnosed Children and Families with Type 1 Diabetes		✓
Nayak, S. & Richardson, M.	Relationship of Leadership Behaviors in a Clinical Setting to Improve Patient and Staff Satisfaction		✓
Neault, G.	Postoperative Self-Care Needs of Cataract Patients Following Ambulatory Surgery	✓	
Nesbitt, M.	IRB: A Researcher's Best Friend	✓	
Nesbitt, M.	Quality of Life Survey of People Treated with High Dose Chemotherapy and Autologous Hematopoietic Stem Cell Transplant		✓
Nesbitt, M., Aronson, F., Ault, K., Boyd, M., Case, D., Ebrahim, K., Ervin, T. & Hedlund, J.	Quality of Life Survey of People Treated with High Dose Chemotherapy and Autologous Hematopoietic Stem Cell Transplant (A Follow Up Study in Progress)		✓
Owens, E. & Lynch, S.	The PIER Program	✓	
Strout, T.	The Minimum Clinically Significant Difference in Pt. Assigned 11 point Numeric Rating Scale Scores for Pain	✓	
Wakefield, L.	PEAT Scale	✓	
Wakefield, L. & Boisselle, R.	Implementation of the PEAT Scale in the ED		✓
Wiggins, M.	Present Research Quality Outcomes in a Magnet Environment	✓	
Wilkins, S., Maguire, J., Barrett, B., Dermanelian, E., Ridel, S., Janesse, J., Otis, T., Otis, M., Scavotto, P., Shoemaker, J., Thomas, J., Manchester, N., O'Brien, C. & Orff, S.	Preserving the Preceptor; Creating a Healthy Work Environment		✓
Winship, B.	Developing, Implementing and Evaluating the Use of a Hyperglycemia Protocol Post-operatively in the Cardiac Surgery Patient	✓	
Witherell, B.	Laparoscopic Robotic Prostatectomy Patient and Family Centered Care. Evidence-Based Practice Project		✓

Table 2. 5th Annual Nursing Research Conference
December 5, 2005
Unit-Based Quality Improvement Projects
Poster Presentations

Nursing Unit	Project
ACCU	Documenting Pain Assessment and Pain Management
ASU	Surgical Infection Prevention
BBCH	Diabetes Education
Brighton First Care	Acute Chest Pain Assessment
Brighton Surgical Center	Improving Pain Management after Discharge
CICU/R9W	Best Practice in CICU: Readiness to Respond to Emergencies and Decreasing Pain with IV Insertions
CTICU	Evaluating Quality Monitors for Glucose Control, Discharge Process, Nausea, and Length of Stay
Emergency Department	Decreasing Blood Culture Contamination, Education Effectiveness
Family Birth Center	Reducing the Incidence of Hyperbilirubinemia
Gibson Pavilion	"Dress for Success" to Prevent Central Line Infections
NICU	Institution of Quiet Time to Decrease Noise in the NICU
OR	Interdisciplinary Safe Surgery Checklist
Outpatient Department	Maine Youth Overweight Collaborative
Outpatient Department	Community Health Outreach Workers (CHOW) Program Overview
Outpatient Department	Diabetes, Obesity, Cardiovascular (DOC) Collaborative
PACU	"A Balancing Act": Safe Analgesic Administration
P3CD	Pressure Ulcer Prevention, ACE Unit
P6	Code Green
R1	Pressure Ulcer Prevention, Blood Glucose Control, Falls Prevention, UTI Prevention
R3	Caring for the Vascular Surgical Patient: A Team Approach
R4	Use of "CNA Walk Rounds" to Decrease Patient Falls
R5/Center for Hemotherapeutics	Safe and Effective Phlebotomy Practices
R6	Patient Falls
R7	Decreasing IV Pain with Buffered Lidocaine
SSU	Pre-admission Information Pamphlet for Patients and Families, Bed Marking Tool
SCU	Organ Donation Collaborative, Rapid Response Teams

Table 3. 6th Annual Nursing Research Conference
Podium Presentations
October 13, 2006

Name	Title of Presentation
Dolan, D., & Chapman, J.	Pilot testing the Sensitivity, Specificity and Reliability of Four Falls Risk Assessment Tools
Lancaster, K.	Early Administration of Oral Analgesia Following General Anesthesia in Ambulatory Surgery Patients
Morton, J.	Cultural Competence of Caregivers Experiencing a Cultural Immersion Experience in Ghana, West Africa
Poulin, D.	A Comparison of Patient's Anemia with and without Stryker Drain Re-Transfusion after Total Knee Replacement
Reeder, S.	Measurement of Health Status in Adult Burn Patients
Strout, T.	The Relationship Between Quantitative beta - hCG Levels and Ectopic Pregnancy in an ED Cohort
Swan, N.	Telemetry Monitoring in Relation to Transport of Patients to Testing: A Descriptive-Comparative Study on R7
Whiting, T.	Pediatric Central Line Infection Rate in Oncology Patients
Winship, B.	On-Q Pain Relief System for Post Operative Cardiac Surgery Patients

Table 4. 6th Annual Research Day
Poster and QI Project Presentations

Name	Title of Presentation	
Babine, R.	Institution of R7 Admit Nurse	QI
Babine, R., Fortin-Shoemaker, R. & Honess, C.	Is the Effectiveness of Nitroglycerin Ointment Dependent upon its Application Method and Location on the Body?	R
Coyne, J., Irish, D. & Marlowe, K.	Parental Education for Parents Accompanying Their Child for Induction for Anesthesia	EBP
Cutting, C.	The Effects of Early Trigger Cards to Improve Donation Performance at MMC	QI
Dolan, D. & Jordan, G.	Skin Breakdown: Prevalence and Incidence	QI
Eastwood, A. & Boivin, B.	Increasing Patient and Family Education	QI
Fieldsend, V., Bennett, K. & Palleschi, C.	Meeting the Needs of Family Members in CICU	QI
Gilbert J., Marsh, M. & Morgan, M.	A Comparison Study Involving Preoperative Intravenous Hydration and its Effect on Postoperative Nausea and Vomiting in the Laparoscopic Gynecological Patients	R
Grothe-Penney, B.	Effects of a Smoke-Free Inpatient Psychiatric Unit	R
Hammond, J.	"Blooming Where We Are Planted" A Family Birth Center Quality Project	QI
Hill, N. & Hunt, E.	The Use of Focus Groups to Better Understand Immigrant Somali Women's Prenatal Needs	R
Hodgdon, V. & Nayak, S.	The Creative Partnership: Exploring a Way to Meet the Needs of the Patients, the Unit and the Novice Nurse	QI
Hopkins, E.	Patient Pre-Calls	QI
Kaeding, T.	Retaining Nurses in the Workplace: Does the Supervisor Matter?	R
Kavanagh, J., Smaha, J. & Irvin, N.	A Comparison of Standard vs. Weight-Based Heparinization on Kt/V for Patients on Hemodialysis	R
Kent, T., Honess, C. & Kovacs, S.	Optimal Bedrest Duration Following a Cardiac Interventional Procedure to Prevent Vascular Complication.	R
Kramlich, D.	Effect of Implementation of the FLACC Scale on Documentation of Pediatric Pain Assessment	R
Lord, C., Palleschi, C., Honess, C. & Seder, D.	Implementation of a Nursing Protocol for Therapeutic Hypothermia in the CICU	QI
Manchester, N.	The Intensive Care Experience: Patients 'Perceptions and Feelings about Their Care in the Intensive Care Unit	R
Manchester, N.	The Clinical Nurse Leader (CNL) Pilot Program	
Moore, A.	Decreasing Catheter Associated UTIs in the Hospitalized Elderly	QI
Nadeau, C. & Tourangeau, J.	Know Your Risks	QI
Nayak, S.	Improved Interdisciplinary Communication and Clinical Practices: The Cornerstones of Safe Family and Patient Centered Care For the Pediatric Surgical Patient	QI
Nayak, S., Parker, J., Herd, R. & Charland, J.	Safe Patient and Family Centered Care: Interdisciplinary Care for Newly Diagnosed Children and Families with Type 1 Diabetes	QI
Orff, S.	Newsletter Proposal	QI
Palleschi, C., Honess, C., Knutson, J. & Lord, C.	What's new? Carotid Artery Stents	QI
Palleschi, C., Lord, C. & Honess, C.	Reducing CICU Central IV Catheter Related Blood Stream Infections	QI
Parenteau, S.	Maine Medical Center Performance Improvement Initiative Tuberculosis Early Identification Initiative in Brighton FirstCare	QI
Poulin, V., Peterson, J., & Brown, S.	Screening for Domestic Violence in the Rural Emergency Department	R
Savage, G.	Improving Nursing Students' Experience...Bridging the Gap	QI
Strout, T., Bauman, M. & Bloch, R.	The Relationship between Quantitative β -hCG Levels & Ectopic Pregnancy in an Emergency Department Cohort: Development of an Evidence-Based Clinical Pathway	
Whitlock, M., Toews, H., Fournier, S., Babb, T., Rogers, M., McDaniel, K. & Gagne, R.	Comparison between Indwelling OG Tubes and Intermittent OG Tubes with Bolus Feeds in the Preterm Infant	R
Wilson, L.	Patient Education Made a Priority: A Quality Improvement Project on P3CD	QI

CONFERENCE ATTENDANCE IN 2005-2006

In 2005-2006, nurses from MMC attended 12 national and international conferences. The conference delegates made 14 podium presentations (See Table 5a) and 11 poster presentations (See Table 5b). The 38th Biennial Convention organized by Sigma Theta Tau in Indianapolis, the 16th International Nursing Research Congress in Hawaii and the 17th International Nursing Research Conference in Montreal, Canada, were among the conferences that were well attended by nurses from MMC. After the delegates returned, they shared their experiences and new ideas with peers.



Marjorie Wiggins, RN, presenting in Indianapolis, Indiana



Presenters in Hawaii (left to right): Anita Johnston, RN; Kathleen Keane, RN; Sue Chenoweth, RN; and Cindy Honess, RN

LOCAL AWARDS AND HONORS

The Center for Nursing Research and Quality Outcomes was pleased to introduce its First Annual Evidence-Based Practice (EBP) Award and Research Award in 2006. The awards are bestowed in recognition of an outstanding nursing clinical scholar or team who has made a significant contribution to the advancement of nursing and to a substantial positive effect on patient or professional outcomes. The abstracts for the awards were submitted for blinded review by a panel, which represented medicine, academia, administration and nursing. The panel members worked independently using a scoring scale for the evaluation of the abstracts.

In 2006, the Center was proud to honor Nancy Hill, RN, BSN; Emmy Hunt, RN, MSN; and Cindy Dreher, RN, MSN, WHNP, with the EBP Award for their work titled "Emergency Contraception: Increasing Awareness and Use among Providers, Increasing Awareness and Accessibility to Patients." The first annual Nursing Research Award was granted to Paulette Gallant, RN, BSN, and Barbara Winship, RN, BSN, for their project "Evaluation of a Visual Infusion Phlebitis Scale for Determining Appropriate Discontinuation of Peripheral Intravenous Cannulas." The awards ceremony was held in May 2006, during Nurses Week.



Table 5a. National and International Podium Presentations 2005-2006

Name	Title of Presentation	Conference
Chop, G., RN, BSN	Comparison of Iontophoresis of Lidocaine and Lidocaine by Injection for Dermal Anesthesia Prior to the Placement of Fistula Needles in the Chronic Dialysis Population.	National Conference of the American Nephrology Nurses Association, Las Vegas, Nevada (April 2005)
Gallant, P., Lancaster, K., Keane, K., & Strout, T.	Renewal of the Spirit through Curiosity, Creativity, and Scholarship: The keystones for Lifelong Learning	STTI's 38 th Biennial Convention. Indianapolis, Indiana (Nov. 2005)
Gallant, P.	Evaluating a Continuous Insulin Infusion Protocol in Cardiac Surgery Patients to Reduce the Risks of Hyperglycemia	STTI's 38 th Biennial Convention. Indianapolis, Indiana. (Nov. 2005)
Hill, N., RN, BSN	Emergency Contraception: An Example of an EBP Project.	Wentworth Douglass Hospital, Dover, New Hampshire. (May 2006)
Honess, C., & Chenoweth, S.	Challenges to Implementation of Evidence-Based Change in Nursing Practice.	STTI's 16 th International Nursing Research Congress. Hawaii (July 2005)
Johnston, A.	Evidence-Based Compression to Prevent DVT in the Surgical Patient.	STTI's 16 th International Nursing Research Congress. Hawaii (July 2005)
Keane, K., RN, BSN, CCRN	Clinical Scholars for Evidence-Based Practice: Direct Care Providers Challenge the Status Quo.	STTI's 16 th International Nursing Research Congress. Hawaii (July 2005)
Lancaster, K., RN, BSN, CAPA	The Challenges of Interdisciplinary Research	STTI's 16 th International Nursing Research Congress. Hawaii (July 2005)
Lancaster, K., RN, BSN, CAPA	Renewal of the Spirit through Scholarship	38 th Biennial Convention, Indianapolis, Indiana. (Nov. 2005)
Lancaster, K., RN, BSN, CAPA	Early Administration of Oral Analgesia Following General Anesthesia in Ambulatory surgery Patients	STTI's 17 th International Nursing Research Congress Montreal, Canada (July 2006)
Drew, D., RN, MS	A Qualitative Approach to Understanding Patients' Diagnosis of Lyme Disease	STTI's 38 th Biennial Convention. Indianapolis, Indiana (November 2005)
Drew, D., RN, MS	Implementing Evidence-Based Practice	Wentworth-Douglass Hospital. Dover, New Hampshire. (May 2006)
Drew, D., RN, MS	Research Challenges in Homecare: Two Nurses Inquisitive Journey.	13 th Annual Evidence-Based Practice Conference, University of Iowa, Rapid City, Iowa. (April 2006)
Wiggins M., RN, MBA, CNAA, BC	Complexity in Nursing Care: Reinventing the Nursing Care Delivery Model	STTI's 38 th Biennial Convention. Indianapolis, Indiana (November 2005)



Kelly Lancaster, RN, presenting in Montreal, Canada

Table 5b. National and International Poster Presentations
2005-2006

Name	Title of Presentation	Conference
Hill, N., Hunt, E., & Dreher, C.	Emergency Contraception: Increasing Awareness and Use among Providers, Increasing Awareness and Accessibility to Patients	AWHONN Convention, June 2005. Salt Lake City, Utah. (June 2005)
Hill, N. & Hunt, E.	The Use of Focus Groups to Better Understand Immigrant Somali Women's Prenatal Needs	13 th Annual Evidence-Based Practice Conference, University of Iowa, Rapid City, Iowa. (April 2006)
Honess, C., Kent, T. & Kovacs, S.	Optimal Bed Rest Duration to Prevent Vascular Complications following a Cardiac Interventional Procedure	STTI's 17 th International Nursing Research Congress. Montreal, Canada. (July 2006)
Hyrkäs, K.	Revisiting and exploring the preceptor role in the 21 st century: Preceptors' perceptions of benefits, rewards, supports, role and relationship with newly hired and student preceptees	STTI's 16 th International Nursing Research Congress. Hawaii (July 2005)
Hyrkäs, K.	Exploring preceptors' and preceptees' satisfaction concerning preceptorship and the preceptor-preceptee relationship	38 th Biennial Convention, Indianapolis, Indiana. (Nov. 2005)
Hyrkäs, K. & Shoemaker, M.	Preceptorships with newly hired nurses and fourth year nursing students. How satisfied are the preceptees of their preceptorship experiences in clinical setting?	1 st Nurse Education International Conference. Vancouver, British Columbia, Canada. (May 2006)
MacLeod, M. & Hyrkäs, K.	Building sustainable Preceptorships in Northern Health: Identifying Critical success Factors	Northern Health Leadership Forum. Prince George, Canada. (June 2006)
Johnston, A., Cole, D., & Miles, J.	Evidence -Based Compression to Prevent DVT in the Surgical Patient	Association of Operating Room Nurses. 52 nd Congress. New Orleans, Louisiana. (April 2005)
Keane, K., Drabik, B., & Gray, A.	Developing an Evidence-Based Protocol for the Prevention and Treatment of Post-Operative Nausea and Vomiting	National Teaching Institute and Critical Care Exposition. New Orleans, Louisiana. (May 2005)
Kramlich, D.	Effect of Implementation of the FLACC Scale on Documentation of Pediatric Pain Assessment	STTI's 17 th International Nursing Research Congress. Montreal, Canada. (July 2006)
Wilkins, S., Maguire, J., Baret, B., Dermanelian, E., Ridet, S., Janesse, J., Otis, T., Otis, M., Scavato, P., Shoemaker, J., Thomas, J., Manchester, N., OBrien, C.	Preserving the Preceptor; Creating a Healthy Work Environment	National Teaching Institute and Critical Care Exposition. New Orleans, Louisiana. (May 2005)

NATIONAL AWARD AND HONORS

In April 2005, Gail Chop, RN, BSN, won the National Research Abstract Award at the National Conference of the American Nephrology Nurses Association, Las Vegas, Nevada, for her research project: Comparison of Iontophoresis of Lidocaine and Lidocaine by Injection for Dermal Anesthesia Prior to the Placement of Fistula Needles in the Chronic Dialysis Population. This research initiative was a significant accomplishment and its findings were also recognized by a manufacturer for product development/improvement.



Marty Riehle, RN, and Gail Chop, RN

RESEARCH GRANTS

In 2005-2006 funding was granted for five research projects. The total amount of research grant funding was \$8,400. The awarded projects were:

Hill, N. and Hunt, E. Use of Focus Groups to Better Understand Immigrant Somali Women's Prenatal Needs. Somali Immigrant Women's Prenatal Needs Program. Amount funded: \$3,000. (2006)

Hyrkäs, K. and Shirley, B. Nurses' Uniforms: Professional Image and Patient Safety Perspectives. STTI's Kappa Zeta Chapter, amount funded: \$500. (2006)

McPherson, D. Simulated Use Evaluation of the New BD Eclipse™ Needle. Becton-Dickinson Co., amount funded: \$4,600. (2006)

Drew, D. A Comparison of Postpartum Depression in Mothers of Full-term Infants to Mothers of Pre-term Infants. MMC's Department of Nursing, amount funded: \$200. (2005)

Drew, D. Research and Evidence-Based Practice Beliefs and Barriers: A Statewide Survey of Nurses. MMC's Department of Nursing, amount funded: \$100. (2005)

EVIDENCE-BASED PRACTICE WORKSHOPS

Since 2003, the Center has offered a series of Evidence-Based Practice (EBP) Workshops for nurses at MMC. The workshops have provided an educational opportunity designed to teach nursing professionals to critique research articles; analyze clinical situations where they perceive practice improvement to be possible; conceptualize a research project idea; conduct a literature search based on this research concept; initiate a research project; analyze data; and report and disseminate the findings. The workshops are based on the Clinical Scholar Model and the content of the workshops has been developed with the help of trained and experienced clinical scholars who serve as research mentors.

Staff nurses from each unit at MMC have been invited to attend the entire series of workshops. Those who attended gained the skills and knowledge base necessary to serve as EBP resources for their units.

The Evidence-Based Practice workshop series for 2005-2006 started in June 2005 (See Table 6). This second series was attended by 42 nurses. The workshops commenced with a keynote presentation, "Creating a Culture for Evidence-Based Practice," by Dr. Ellen Fineout-Overholt, RN, PhD, FNAP. She is the Director of the Center for the Advancement of Evidence-Based Practice for the School of Nursing at Arizona State University. She has published on evidence-based practice and teaching EBP since early 2000. Nurses at Maine Medical Center had been involved in conducting EBP research projects since 1999. They exhibited their expertise by sharing their skills and knowledge as presenters during the series of workshops. The six workshops were facilitated and the content was taught by a core group of clinical scholars at MMC. The seventh workshop (June 2006) was dedicated to the workshop participants and provided them an opportunity to present their project ideas. This was followed by a graduation and pinning ceremony. Sixteen new projects were initiated as a result of the EBP workshops.

CLINICAL SCHOLAR PROGRAM

In 2006, a core group of clinical scholars: Richard Boisselle, Paulette Gallant, Nancy Hill, Cindy Honess, Kathleen Keane, Trudy Kent, Deb Kramlich, Kelly Lancaster, Tania Strout, Deb Drew and Kristiina Hyrkäs met to plan the next educational series. The planning process inspired a new look for the workshops which were divided into EBP 101 and EBP 201. The series was also renamed as the Clinical Scholar Program reflecting the Clinical Scholar Model on which the series is based.

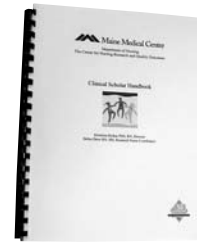
EBP 101 is designed to provide the foundation for nurses to evaluate and utilize the latest evidence/research-based knowledge in their everyday practice and become 'users of research knowledge.' The first part of the program consists of three day-long sessions that provide content on: (1) literature searches, library resources and databases (e.g. CINAHL, MedLine, PubMed); (2) critique of articles, clinical guidelines and grading levels of evidence; (3) research designs, terminology, formulation of researchable questions; and (4) research ethics: the role of the IRB in research studies, the IRB proposal and application.

EBP 201 builds upon EBP 101. It is the research portion of the program which is designed for those nurses who wish to continue on and conduct a project. The participants work in a small group and are partnered with Research Mentors. This part of the program includes four workshops focusing on: (1) research proposal writing; (2) data collection; (3) basic statistics; (4) mandatory record keeping; and (5) an introduction to presentation skills using PowerPoint, posters, public speaking and abstracts.

Table 6. Evidence-Based Practice Workshops in 2005-2006

Workshops	Date	Title of Presentation	Presenters
Workshop 1: Creating a Culture for Evidence Based Practice	June 20, 2005	Introduction to the Clinical Scholar Model	Kelly Lancaster, RN, BSN, CAPA
		Iontophoresis of Lidocaine versus Lidocaine by Injection	Gail Chop, RN, BSN
		Evidence Based Compression to Prevent DVT in the Surgical Patient	Anita Johnston, RN, BSN
		Emergency Contraception: Medicine's Best Kept Secret	Nancy Hill, RN, BSN
Workshop 2: What's All the Speak About Critique?	August 22, 2005	Conducting a Library Search at MMC	Patty Williams
		How to Critique a Research Article	Tania Strout, RN, BSN
		Critiquing National Guidelines	Kathleen Keane, RN, BSN, CCRN
Workshop 3: Conceptualizing a Research Project: The Next Step	November 18, 2005	The Quality Research Link	Paulette Gallant, RN, BSN
Workshop 4: Evaluation of Internet-Based Healthcare Information	January 9, 2006	Evaluation of Internet-Based Healthcare Information	Dan Bergeron, RN, MPH
		Overview of Research Definitions	Richard Boisselle, RN, MSN
		Levels of Evidence	Debra Drew, RN, MS
		Integrated Tables	Trudy Kent, RN, BSN Cindy Honess, RN, MSN, CNS
Workshop 5: Where's the Evidence and Where Do I Go From Here?	March 6, 2006	How to Write a Research Proposal	Debra Drew, RN, MS
		Role and Responsibilities of the IRB	Kristen Sullivan, CIP, BA
		Developing Data Collection Instruments	Debra Drew, RN, MS Kristiina Hyrkäs, PhD, RN
		Perspectives to Statistical Methods	Kristiina Hyrkäs, PhD, RN
Workshop 6: Take Your Evidence to Work Day	May 5, 2006	Research Designs	Debra Drew, RN, MS
		How to Polish Your Public Speaking	Betty Harlow, MBA
		How to Write an Abstract	Kelly Lancaster, RN, BSN, CAPA

The participants work together during EBP 201 and they formulate an EBP or research project for which they seek IRB approval, collect and then analyze data. At the completion of the program, the participants share their projects with an audience of scholars, colleagues, and nursing leaders as part of a graduation and pinning ceremony. They are expected to complete their projects, disseminate the results with a poster or podium presentation and potentially submit for publication in a professional peer-reviewed journal. The new Clinical Scholar Program (EBP 101 and 201) started in January 2007 and, for the first time, nurses from other MaineHealth hospitals also attended. This was the first year in which the workshops were open to other healthcare professionals, allowing for rich interdisciplinary collaboration. A Clinical Scholar Handbook which outlines the core material of the program has been compiled. Currently, the handbook is under revision; it will be submitted for publication when complete.



Clinical Scholar Handbook

THE CLINICAL SCHOLAR MENTORING PROGRAM

The success of the Evidence-Based Practice Workshops/Clinical Scholar Program is due in large part to the dedication and passion of the Research Mentors at Maine Medical Center. Nurses who are experienced researchers have been invited to act as research mentors to EBP Workshop/Clinical Scholar Program participants. These nurses have also provided the lecture content and presentations at the workshops. The mentors worked with clinical specialty groups during the workshops and continued to work with their protégées after the workshops concluded.

In September 2006, the Center organized a day-long retreat for the Clinical Scholar Research Mentors at the Stone House Conference Center in Freeport. The retreat included a presentation by Judy Spross, RN, PhD, FAAN, Professor at the University of Southern Maine, which was intended to help formalize and facilitate the mentoring process. Dr. Spross is the author of "Advanced Nursing Practice: An Integrative Approach" and several articles in peer reviewed journals on expert coaching and professional leadership. Reiki therapy and gifts of appreciation were shared with the mentors.

Mentoring is critical to the success of EBP, research and QI projects. It is the foundation on which a progressive culture is based. Interestingly, current literature describes research mentoring almost exclusively in the context of academic institutions. This observation initiated a project in 2006 in which Deb Drew began to develop a Research Mentoring Model to further enhance the Clinical Scholar Program.



Research Mentors – Front Row (left to right): Cindy Honess, RN; Tania Strout, RN; Deb Kramlich, RN. Back Row: Kelly Lancaster, RN; Trudy Kent, RN; Kathleen Keane, RN. Missing from photo: Nancy Hill, RN; Paulette Gallant, RN; and Richard Boisselle, RN

PUBLICATION WORKSHOP

Dissemination of the findings from research projects is an important but somewhat daunting challenge. In order to encourage and promote new publication initiatives, in September 2005, the Center hosted a writing workshop titled "Yes, You Can! Writing for Publication." This was presented by Susan Baird, RN, MPH, MA, Content Editor of CompassPoint, the publication of the Association of Camp Nurses. Sixteen nurses attended this five-hour workshop where they learned how to select a journal, then prepare, edit and submit their manuscripts.

CONTINUOUS EDUCATION ON QUALITY MONITORING AND IMPROVEMENT

The Center continuously provides education regarding quality indicators, measurements and monitoring to leadership and clinical staff. Education sustains staff skills and behaviors in daily practice. It also reinforces such things as high quality and safe working methods by underscoring the importance of a systematic and proactive approach. For example, the Center has:

- coordinated and educated staff on how to access and utilize the Avatar patient satisfaction database, scorecards, and unit-specific quality monitors
- organized ongoing training to access and retrieve reports from scorecards
- developed, established and trained staff to use a standardized chart audit tool for consistent data collection
- facilitated staff training for comprehensive data entry into the Incident Reporting (IR) system

Networking with the units has facilitated identification of best practices and stimulated new ideas for continuous improvement, as well as opportunities for further training and education.

LOCAL PODIUM PRESENTATIONS 2005-2006

One of the goals of the Center and the Nursing Research Council is to extend knowledge and use of evidence-based practice and research outside of MMC. This involves open communication and collaboration with outside agencies/healthcare facilities. In 2005-2006 our clinical scholars shared their knowledge of EBP and their projects by giving nine presentations to local schools of nursing and health care facilities (See Table 7).

COLLABORATION BETWEEN THE CENTER, ACADEMIA, AND MMCRI

As an Adjunct Professor at the University of Southern Maine (USM), Kristiina Hyrkäs has collaborated closely with Dr. Judy Spross and Dr. Lois Hamel. Her teaching presentations for student research courses (Health Related Research CON 321, Nursing Research NUR 604) have focused on illuminating the practical applications of nursing research at MMC with examples of currently running projects. Kristiina has also arranged opportunities for nursing students to attend IRB meetings after providing education regarding ethical issues and processes related to research. In 2006, under her supervision, 16 nursing students from USM assisted with processing data collected on 1,540 survey instruments related to falls risk assessment.

Deb Drew (2005) and Kristiina Hyrkäs (2006) served with staff from MMCRI on the Research Forum Planning Committee. The Research Forum is an annual event sponsored by MMCRI to showcase research being conducted by staff at MMCRI and MMC. This week-long event is held in the Spring in place of medical grand rounds. In 2005-2006, the Department of Nursing contributed 11 poster and podium presentations.

CONSULTATIONS

The Director of the Center and the Research Nurse Coordinator had eight major consultations regarding the implementation of an EBP program. As the research program at the Center has continued to grow and MMC nurses present their work both nationally and internationally, requests for consultations have become more frequent. The Center consulted with the following organizations and institutions in 2005-2006:

- Eastern Maine Medical Center, Bangor, Maine
- Kettering Medical Center, Dayton, Ohio
- VA Pittsburgh Healthcare, Pittsburgh, Pennsylvania
- Midcoast Hospital, Brunswick, Maine
- St. Mary's Hospital, Lewiston, Maine
- Wentworth Douglass Hospital, Dover, New Hampshire
- Houlton Regional Hospital, Houlton, Maine
- Inova Health System, Falls Church, Virginia

Table 7. Local Podium Presentations
2005-2006

Name	Title of Presentation	Organization	Date
Paulette Gallant, RN, MS	In the Beginning: The Research Process	University of New England	March 2006
Nancy Hill, RN, BSN	Emergency Contraception: Increasing Awareness & Use among Providers, Increasing Awareness & Accessibility to Patients	Portland Public Health Department and Midcoast Hospital, Brunswick, Maine	March 2005 April 2006
Kathleen Keane, RN, BSN, CCRN	Critiquing Guidelines	Home Health Visiting Nurses of Southern Maine	June 2005
Kelly Lancaster, RN, BSN, CAPA	Evidence-Based Practice	University of New England	March 2005
Kelly Lancaster, RN, BSN, CAPA	Buffered Lidocaine	University of New England	March 2005
Kelly Lancaster, RN, BSN, CAPA	The Clinical Scholar Model	University of New England	March 2006
Debra Drew, RN, MS	Postpartum Depression (Research Example)	Home Health Visiting Nurses of Southern Maine	June 2005
Debra Drew, RN, MS	Implementing Evidence-Based Practice	Midcoast Hospital, Brunswick, Maine	April 2006

EBP/RESEARCH PROJECTS

The majority of the EBP/Research projects that were ongoing or completed in 2005 and 2006 had started as a result of the EBP Workshops. Also, in 2006, five Clinical Nursing Leader students from the University of Southern Maine started projects to meet their curriculum requirements. The total number of EBP/Research projects that were facilitated and supported by the Center during these two years was 34.

Abourjaily, G., RN, and Labbe, G., RN

Preoperative NPO Instructions (Clinical Scholar Program, 2005)

This project gathered scientific evidence on patients being restricted from food and fluids prior to surgery. Institutional policy was developed. (EBP)

Babine, R., RN, BSN, Fortin-Shoemaker, R., RN, BSN, and Honess, C., RN, MSN

A Comparison in Nitroglycerin Ointment Application Methods to Enhance Vasodilation: Applicator Paper versus Plastic Wrap. (Clinical Scholar Program, 2006)

This project compares application methods of nitroglycerin ointment for cardiac patients to determine the best method of practice. A standard practice for nitroglycerin administration will be developed. (R)

Baston, G., RN and Reeder, S., RN, BSN, CWCN

Evidence-Based Quality Improvement Project in Pediatric Emergency Care (Clinical Scholar Program, 2005)

This study was comprised of a patient chart review and nursing survey to determine assessment and documentation of pain in pediatric outpatient population at Brighton First Care. Staff was educated on an appropriate pediatric pain assessment scale and its use for this patient population. (R)

Boisselle, R., RN, MSN, Jordan, P. RN, BSN and Worthing, B., RN, BSN

Use of Capnography in the Emergency Department (Emergency Department)

This project compares different teaching methods for Emergency Department Staff to learn the use of capnography. The most efficient method for teaching will be determined and employed based on the findings of this study. (R)

Chenoweth, S., RN, BSN, Honess, C., RN, MSN, and Kent, T., RN, BSN

Early Mobilization following Femoral Artery Puncture for Coronary Interventional Procedures (Clinical Scholar Program, 2003-2004)

This project applied the latest evidence on length of time for bed rest for post coronary interventional procedures into practice by developing new guidelines with follow up data collection to determine outcomes. (R)

Chop, G., RN, BSN

Comparison of Iontophoresis of Lidocaine and Lidocaine by Injection for Dermal Anesthesia Prior to the Placement of Fistula Needles in the Chronic Dialysis Population (Clinical Scholar Program, 2003-2004)

This project compared treatment options for pain associated with the placement of fistulas for dialysis. The principle investigator served as a consultant to the manufacturer for new product development. (R)

Crosby, P., RN, BSN, Oliver-Palanca, J., RN, BSN, Stuart, E., RN, BSN, Giles, S., RN, BSN and Furey, L., RN, BSN

Reduction of Nausea and Vomiting in the Postoperative Cesarean Section Patient (Clinical Scholar Program, 2006)

This research project examines the incidence of nausea and vomiting for patients undergoing Cesarean sections and will provide recommendations for improvement in practice. (R)

Drew, D., RN, MS

Research and Evidence-Based Practice Beliefs and Barriers: A Statewide Survey of Nurses (CNRQO/State-wide survey)

This statewide study was done to determine nurses' knowledge and use of research and Evidence-Based Practice. Results of this study are currently being employed to develop an on-line Evidence-based Practice program to better reach nurses working in a rural state. (R)

Drew, D., RN, MS

Nurses' Experience Mentoring the Conduct of Research (CNRQO)

This study was designed to gain an understanding of nurses' experience mentoring research. Results of this study will be used to develop a research mentoring model not yet developed for clinical nurses. (R)

Gallant, P., RNC, MSN

Assessing the Reliability of the Visual Infusion Phlebitis (VIP) Scale (House-wide study)

This project evaluated nurses' use of a scale to assess patients' peripheral intravenous cannula. This study built upon a previous project by this investigator. (R)

Gallant, P., RNC, MSN, and Winship, B., RN, BSN

Is it Safe to Maintain Peripheral IV Lines longer than 96 Hours? (R1)

This project evaluated the use of a tool to assess various medications being administered through the patient's intravenous cannula. The findings of this study started a discussion regarding methods and criteria in use for assessing the peripheral intravenous cannula-sites. (R)

Gallant, P., RN, MSN and Winship, B., RN, BSN

Evaluating Blood Glucose Outcomes in Cardiac Surgery Patients on a Continuous Insulin Infusion Protocol (R1)

This project gathered data from cardiac patients with high blood glucose levels. A standardized insulin infusion protocol is currently being developed for best practice. (R)

Hammond, J., RN, BSN

A Clinical Evaluation of Two Withdrawal Tools (Family Birth Center)

This project will evaluate a modified version of a neonatal abstinence scoring tool in narcotic addicted infants. This is a multi-site project and will further the validation of the instrument. (R)

Hill, N., RN, BSN and Hunt, E., RN, MS

Use of Focus Groups to Better Understand Immigrant Somali Women's Prenatal Needs (Clinical Scholar Program, 2006)

This research project involves interviews of Somali women to determine their prenatal needs. The results will lead to a more culturally sensitive prenatal model of care. (R)

Hyrkäs, K., RN, PhD, Chapman, J., RN, MSN, MEd and Dolan, D., RN, BSN
Pilot Testing the Sensitivity, Specificity and Reliability of Four Falls Risk Assessment Tools at Maine Medical Center (House-wide study)

This project tested four fall risk assessment tools house-wide to determine the best instrument in a mixed patient population. The best tool will be implemented in electronic form. (R)

Hyrkäs, K., PhD, RN and Shirley, B., RN, BSN
Nurses' Uniforms: Professional Image and Patient Safety Perspectives (MMC/CENTER – Partnership Care Delivery Model)

This is a multi-site study of hospitals and educational institutions in North America to determine perceptions of nurses' professional image relating to safety and the patient's ability to recognize their caregiver. (R)

Johnston, A., RN, BSN, CNOR, Miles, J., RN, and Ayelward, D., RN, BSN
Evidence-Based Compression to Prevent DVT in the Surgical Patient (Clinical Scholar Program, 2003-2004)

This Evidence-Based Practice project identified surgical patients at high risk for developing a deep vein thrombosis. New practice guidelines were developed. (EBP)

Kavanagh, J., RN, MSN, Smaha, J., RN, BSN and Irvin, N., RN, BSN
A Comparison of Standard vs. Weight-Based Heparinization On Kt/V for Patients on Hemodialysis (Clinical Scholar Program, 2005-2006)

The purpose of this study is to determine if increasing anticoagulation will result in a more efficacious hemodialysis treatment. (R)

Keane, K., RN, BSN, CCRN, Drabik, B., RN, BSN, and Gray, A., RN, BSN
Developing an Evidence Based Protocol for the Prevention and Treatment of Post-Operative Nausea and Vomiting (Clinical Scholar Program, 2003-2004)

The study applied the latest evidence to practice by incorporating a new policy to better treat post-operative nausea and vomiting. Patients were followed after the implementation of a new policy and improvements in practice were shared with the interdisciplinary teams within the division. (EBP)

Lancaster, K., RN, BSN, CAPA and Enochs, E., RN
A Comparison of IV Ondansetron and Dexamethasone to Promethazine and Dexamethasone for the Prevention of Postoperative Nausea and Vomiting in Laparoscopic Day Surgery Procedures (Brighton Campus)

This randomized clinical trial compared two different medications to manage postoperative nausea and vomiting. The goal was to determine the best combination of medications and put the recommendations into practice. (R)

Lancaster, K., RN, BSN, CAPA
Does Early Administration of Oral Analgesia Following General Anesthesia Effect the Occurrence of Post-operative Nausea and Vomiting, Level of Pain and Length of Stay in Ambulatory Surgery Patients? (Clinical Scholar Program, 2003-2004)

This research project was designed to determine the impact of timing of the administration of oral analgesia and fluid intake for surgical patients. Nausea, vomiting, pain and length of stay were assessed and current care was determined to be best practice. (R)

Manchester, N., RN, MSN

The Intensive Care Experience: Patients' Perceptions and Feelings about Their Care in the Intensive Care Unit (Clinical Nurse Leader Program; MMC/USM)

This study was conducted to describe patients' perceptions and recall of their experiences in the Intensive Care Unit. The findings will further promote the elements of safe patient and family-centered care. (R)

McGuire, J., RN, BSN and Sandborn, J.

Evaluation of Patient Transfer Overhead Ceiling Lifts as an Ergonomic Intervention (MMC/NIOSH)

This multi-site study, initiated by the National Institute of Occupational Health and Safety (NIOSH) assessed the need and use of overhead ceiling lifts to decrease back strain and improve the ergonomic work environment for nurses. (R)

McPherson, D., RN, MSN

Simulated Use Evaluation of the New BD Eclipse™ Needle (MMC/BD)

This study evaluated the use of a new product to determine nurses' educational needs for its use, and its marketability. (R)

Morton, J., RN, BSN

The Cultural Competence Process of Caregivers' Undergoing an Immersion Experience in Ghana

This study looked at the cultural competence of caregivers immersed in a cross cultural health experience utilizing the model "The Process of Cultural Competence in the Delivery of Healthcare Services." (R)

Nesbitt, M., RN, MS, AOCN

Quality of Life Survey of People Treated with High dose Chemotherapy and Autologous Hematopoietic Stem Cell Transplant (MMC/BMT-Program)

This is a longitudinal study to determine the quality of life of patients who have undergone high dose chemotherapy and stem cell transplant. (R)

Poulin, D., RN, MSN

A Comparison of Patients' Anemia with and without Stryker Drain Re- Transfusion after Total Knee Replacement (Clinical Nurse Leader Program; MMC/USM)

This research project evaluated current practices of blood salvage and auto-transfusion in patients undergoing total knee replacement surgery. (R)

Reeder, S., RN, MS, CWCN

Measurement of Health Status in Adult Burn Patients (Master's Program; MMC/UNH)

This study examined the health status of patients who have experienced first and second degree burns. The findings of this study increased knowledge and understanding of the needs of the outpatients suffering from burns. (R)

Swan, N., RN, MSN

Telemetry Monitoring In Relation To Transport of Patients to Testing: A Descriptive-Comparative Study on R7 (Clinical Nurse Leader Program; MMC/USM)

This study was conducted to determine how patients who require cardiac monitoring can be safely transported throughout the institution. (R)

Wakefield, L., RN, BSN*Implementation of the PEAT Scale in the ED (Clinical Scholar Program, 2006)*

The purpose of this project is to determine the best way to reliably communicate pre-hospital observations that directly impact patient safety, well being after discharge from a hospital unit or Emergency Department. The Physical Environment Assessment Tool (PEAT) will be used in this study in conjunction with local paramedics. (R)

Whitlock, M., RN, MSN, Toews, H., RN, BSN, Fournier, S., RN, Babb, T., RNC, Rogers, M., RN, McDaniel, K., RN and Gagne, R., RN, BSN*Comparison between Indwelling OG tubes and Intermittent OG Tubes with Bolus Feeds in the Preterm Infant (R)*

The purpose of this study is to evaluate two common practices in the Neonatal Intensive Care Unit (NICU) (the removal of feeding tube between bolus feedings and leaving an indwelling feeding tube in place after bolus feeds) and any affect on apnea and emesis associated with gastroesophageal reflux (GER) in the preterm neonate.

Wilson, L., RN, MSN*Patient Education Made a Priority (Clinical Nurse Leader Program; MMC/USM)*

This project examined patients' educational needs from time of admission to discharge. New educational materials were developed for patients and staff. (R)

Winship, B., RN, BSN and Gallant, P., RN, MS*Use of the On-Q Pain Relief System in Post Operative Cardiac Surgery Patients (R1)*

This research project was designed to compare pain in post-operative cardiac surgery patients with and without a pain medication delivery system. (R)

Witherell, B., RN, BSN*Laparoscopic Robotic Prostatectomy: Patient and Family Centered Care Evidence-Based Practice Project (Sabbatical Program)*

This Evidence-Based Practice project determined the needs of patients undergoing robotic prostatectomy. An educational DVD was developed and incorporated into pre-admission education materials within urology offices. (EBP)

Quality

CONTINUOUS QUALITY MONITORING, QUALITY MANAGEMENT AND QUALITY OF CARE

Over the past two years, the Center has started to take an active role in quality management. With the increasing integration of research methods with QI projects, the Center represents the interests of more than 1,500 nurses within the Department of Nursing. The objective is to create a culture of safe patient and family centered care driven by leadership and clinical staff nurses.

The Center supports innovative approaches to measure nursing quality and monitor patient outcomes. The following are examples of the activities and initiatives in 2005-2006.

Data Collection

The Center provides the technology, infrastructure, customized tools for data collection and standardized processes to measure practices for the evaluation of optimal quality performance.

- The Center has collaborated with the wound care specialists and unit skin care representatives to establish a consistent, decentralized data collection process for pressure ulcer prevalence studies. The electronic Pressure Ulcer Database was developed to facilitate immediate access to the data with automatically calculated findings following the monthly prevalence studies. A preliminary report from this Excel database communicates the findings in a more timely period to leadership and clinical staff. The pressure ulcer database has enabled earlier identification of patients at risk and earlier implementation of prevention and intervention protocols.
- The Center guided the development of a Chart Audit Tool utilizing scanning technology. This new approach has helped to standardize the data collection for chart audits. The collected data is quick and easy to analyze and the findings are possible to report systematically and similarly to units.
- The Center originated and developed the Raw Data Bank to collect and store unit-specific quality data in a central repository. This has increased both access to the data as well as its visibility and utilization by nursing staff, administration and other departments at MMC. The availability of data in the bank has improved satisfaction among its users with shortened turn-around times for data retrieving and reporting.
- The Center guided the development and accessibility of the icon “Nursing” on all clinical workstations and nursing managers’ PCs. This has allowed all campuses to provide staff nurses direct access to unit-specific quality monitors.
- The Center has supported and encouraged the utilization of the Incident Reporting (IR) system which notifies risk management of all types of errors, incidents, injuries, near misses, and other patient safety concerns. The robust IR system provides nurses and other disciplines with numerous data elements to conduct more in-depth analysis of patient events to improve processes.

Quality Monitoring

The Center has established Quality Monitoring Processes that are emphasized as priorities according to Regulatory Standards of Practice, National Patient Safety Goals, and the institution's performance expectations outlined in Maine Medical Center's Strategic Plan. More specifically:

- Nursing Sensitive Indicators have been reported by the Center since 2003 to the National Database of Nursing Quality Indicators (NDNQI), and since 2006 to the Maine Quality Forum (MQF). NDNQI provides its members with comparison data from other organizations to explore relationships between nursing care and patient outcomes. MQF is currently creating an informative resource for the citizens of Maine to access meaningful health information that also describes and compares the quality of healthcare services specific to Maine healthcare organizations. The Center coordinates all of the data collection, data entry communications with NDNQI and MQF and reporting of the findings back at MMC.
- The Center coordinated the house-wide Nurse Satisfaction Survey of Work Satisfaction and Job Enjoyment in 2005 and 2006. The organization of the satisfaction surveys has required systematic and careful planning for marketing, pre-enrollment of the survey units and identification of all eligible RNs. It also required coordination of designated computers for the Web-based survey questionnaire so that all nurses in various patient care areas could participate. Extensive recruitment activities are developed with administrative support to ensure a high response rate. A variety of communication strategies are utilized to publicize the survey, including weekly reminder emails to all RNs. Unit response rates are monitored closely and used to target recruitment efforts. The success of the surveys has been excellent and is reflected by the response rates of 70% and 60% in respective years.
- The Center coordinated the prioritization of performance indicators for monitoring, analysis of trends and process improvements to promote patient safety and ensure quality of care. Indicators include: dangerous abbreviations, labeling medications, medication reconciliation, nursing assessment of falls, pain and skin integrity, patient teaching, and restraints. This approach has enabled nursing leadership and staff to focus on high-risk, problem-prone patient care needs in a health care environment that is fast-paced with increasing demands on resources and productivity while preserving patient safety.

Projects

The Center provides consultation and assistance to nurses for QI projects. This can include crystallization of study design; proposal and IRB application writing; data collection, entry and analysis; and interpretation and utilization of the findings. This helps to ensure meaningful results from the quality initiatives.

The following seven quality improvement projects are representative of those conducted by nurses in 2005 and 2006.

Bowden, K., RN, MS, NNP

Neonatal Hypoglycemia: A Quality Improvement Project at MMC

The goal of this project was to improve patient care by developing a guideline for risk assessment, screening, treatment options, and follow-up of infants at risk for hypoglycemia.

Bowdon, M., RN, BSN

The Emergency Department and the Pharmacy: Working Together for Patient Safety and Satisfaction (Clinical Scholar Program, 2006)

This QI project identified opportunities to work collaboratively with the pharmacy for the delivery of stat medications to the Emergency Room. Systems changes were made based on the outcomes of this project.

Hill, N., RN, BSN, Hunt, E., RN, MSN and Dreher, C., RN, MSN, WHNP

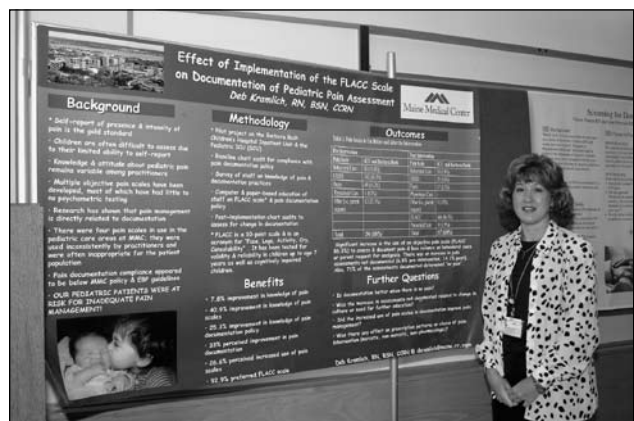
Emergency Contraception: Increasing Awareness and Use among Providers, Increasing Awareness and Accessibility to Patients (Clinical Scholar Program, 2005)

This quality improvement project provided staff and patients with increased knowledge and availability of Emergency Contraceptive products.

Klem, D., RN, BSN

Palliative Care

The purpose of this project was to describe the baseline knowledge of the oncology staff regarding palliative care at the end of life.



Deb Kramlich, RN presenting in Arizona

Kramlich, D., RN, BSN, CCRN

Pediatric Pain Assessment and Documentation: A Quality Improvement Project (Clinical Scholar Program, 2006)

The QI project evaluated nurses' knowledge and use of pediatric pain and documentation. A valid and reliable pediatric pain assessment tool was introduced with improvements in pain management and documentation.

McCluskey, T., RN, BSN and Whiting, T. RN, BSN

Central Line Infections in Pediatric Oncology Patients (Clinical Scholar Program, 2006)

This QI project examined the incidence of hospital-acquired central line infections for pediatric oncology patients. The current central line catheter care policy was revised and staff was educated on the new policy.

Quirk, R., RN, MSN

Evaluation of Parent Child Passenger Safety Education (Clinical Nurse Leader Program; MMC/USM)

This QI project determined the educational needs of parents for the correct use of child passenger safety seats. Parent classes were organized and are ongoing.

THE KNOWLEDGE BANK

Kristiina Hyrkäs led the Center in the development of a “Knowledge Bank” in 2006. With technical assistance from Cindy Tenney in Information Services, an electronic database was built to enable sharing and dissemination of information on research, EBP and QI projects at MMC. The Knowledge Bank is an Access database that is searchable by project title or key word. For example, information available regarding projects includes: authors, title, methods, IRB status, outcomes, publications, presentations, grants and funding. Nurses at MMC can open the Knowledge Bank from any nursing station in the organization via the home page of the Center. The Knowledge Bank not only includes projects that have been completed, but also current and ongoing initiatives. It serves, therefore, as a resource for building the research projects of the future on already existing knowledge. This facilitates research team building between nurses from different units and also among different disciplines. It will also provide support for meta-analyses in the future. Work is currently being done to open the Knowledge Bank to the Internet as well.

BALANCED SCORECARD

Today the Center guides the ongoing development of the Nursing Balanced Scorecard to collect and disseminate quality and patient outcome data/findings internally at MMC. The scorecard contains unit-specific performance measures, benchmarks, trends, and report results to support continuous improvement. All RNs and LPNs have been granted access to the Nursing, Performance Improvement, and Joint Commission scorecards. With readily accessible data, nurses can network for best practices to change processes and improve patient care.

RE-NU (RESEARCH IN NURSING) NEWSLETTER

In 2005, the Center began the Re-Nu (Research in Nursing) Newsletter to disseminate the work of the Center and the Nursing Research Council and to provide a forum for widespread communication. The Re-Nu is published every other month and contains calls for abstracts, upcoming conferences and other local, national and international news regarding research and EBP. Deb Drew is the Editor.

NURSING COUNCILS

The Center staff provides leadership support for the following Nursing Councils: Research, Practice and Quality. Increased collaboration between councils has contributed to a more organized, integrated approach to the growth and development of the professional nursing staff. The Research and Practice Councils have contributed to the implementation of existing scientific knowledge through the development of evidence-based policies and standards of nursing practice. The Practice and Quality Councils have established a process for monitoring the implementation of new practices and identified performance measures to determine the effectiveness of practice changes. These activities have facilitated the alignment of the councils’ functions with the Department of Nursing’s Strategic Plan as well as the institution’s strategic goals.



The Knowledge Bank

PUBLICATIONS FROM THE DEPARTMENT OF NURSING

In 2005-2006, nurses at MMC published 43 papers in a variety of journals. These publications are listed below.

Publications:

- Baumann, M. R., Strout, T.** (2006). Team Triage: Addressing Challenges to ED Flow. *Journal for Healthcare Quality* (In press for July/August 2006)
- Baumann, M. R., Strout, T.** (2006). Triage of Geriatric Patients in the Emergency Department: Validity and Survival with the Emergency Severity Index. *Annals of Emergency Medicine*. (In press).
- Baumann, M. R., Strout, T.** (2005). Evaluation of the Emergency Severity Index (version 3) triage algorithm in pediatric patients. *Academic Emergency Medicine*. Mar; 12(3): 219-24.
- Bowden, K., Boyle, B., Youth, B., et al.** (2005) Neonatal Hypoglycemia: Initial and Follow up Management. *www.guideline.gov*, August.
- Bowden, K.** (2006). NIH State of the Science Conference: Cesarean Delivery on Maternal Request. *Advances in Neonatal Care*, 6(4), 171-174.
- Chop, G.** (2005). Comparison of Iontophoresis of Lidocaine and Lidocaine by Injection for Dermal Anesthesia Prior to the Placement of Fistula Needles in the Chronic Dialysis Population. (Abstract). *Nephrology Nursing Journal* 32 (2).
- Cutcliffe, J. and Hyrkäs, K.** (2006) Multi-disciplinary attitudinal positions regarding clinical supervision: A cross sectional study. *Journal of Nursing Management* 14:8, 617-627.
- Drew, D.** (2005) Mark. *Neonatal Network*, 24 (6), 55-56.
- Drew, D. and Hewitt, H.** (2006) A Qualitative Approach to Understanding Patients' Diagnosis of Lyme Disease. *Journal of Public Health Nursing*, 23(1), 20-26.
- Drew, D. and Hyrkäs, K.** (2006). Eds. *Book of Nursing Research and Quality Project Abstracts*. Maine Medical Center.
- Drew, D.** (2005) Umbilical Cord Blood Banking: A Rich Source of Stem Cells for Transplant. *Advance for Nurse Practitioners* 13(4), 1-7.
- Drummond, K., Baumann, M., Strout, T.** (2005). Development of an Agitation Rating Scale for Use with Acute Presentation Behavioral Management Patients. *Annals of Emergency Medicine*, 46(3): s61.
- Gallant, P. and Schultz, A.** (2006). Evaluation of a Visual Infusion Phlebitis Scale for Determining Appropriate Discontinuation of Peripheral Intravenous Catheters. *Journal of Infusion Nursing*, 29 (6), 338-345.
- Gallant, P.** (2005). Analysis: What's All the Speak About Critique? *Excellence in Nursing Knowledge*, February.
- Gallant, P.** (2005). Evidence-based Quality Improvement Project for Determining Appropriate Discontinuation of Peripheral Intravenous Cannulas. *Evidence Based Nursing* 8, January.
- Honess, C.** (2005). Observation: Conceptualizing a Researchable Clinical Issue. *Excellence in Nursing Knowledge*, February.
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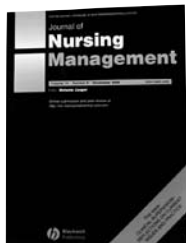
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Journal of Nursing Management

Kristiina Hyrkäs was the Guest Editor for the *Journal of Nursing Management* in November 2006. The theme issue, titled “Clinical Supervision—Reflections on Current Issues and Practice,” was composed of 11 articles and one book review. The authors of this internationally distributed journal were invited from Australia, Canada, Finland, Ireland, Sweden, the U.K. and the U.S. Preparations for the next theme issue, guest edited by Kristiina, began with the Editorial Board meeting in London in 2006. The issue will be published in July 2008 and the theme is “Clinical Nursing Leadership.” This issue will also feature the work of international authors and will include important articles regarding the Partnership Care Delivery Model, its conceptual basis and the testing of the model in practice with our CNL team.



Book of Abstracts

Another accomplishment of the Center in 2005 was the publication of a Book of Abstracts. This book includes Department of Nursing research, QI and EBP abstracts from 2004-2005. The forty-four abstracts demonstrate the breadth and depth of topics and high volume of research being conducted here at Maine Medical Center. Plans are underway for the 2nd edition of abstracts to be published for 2006-2007.



*Kristiina Hyrkäs, RN, MNSc,
LicNSc, PhD*

CENTER DIRECTOR, DR. KRISTIINA HYRKÄS

In October 2005, new Director Kristiina Hyrkäs PhD, LicNSc, MNSc, RN, started her work at the Center for Nursing Research and Quality Outcomes (CNRQO). Kristiina graduated as a nurse in 1982, and specialized in surgical and oncology nursing. She worked as a staff nurse in the Intensive Care Unit of Turku University Hospital and in the ER in the Loimaa District Hospital in Finland. She began teaching in the Pirkanmaa College of Nursing in Finland in 1988 as a full-time lecturer where she taught all acute care courses. Kristiina completed her Master's degree in 1992, Licentiate Degree in 1997 and Doctoral Degree in 2002. Her academic

teaching career started in 1994 at the University of Tampere in Finland. She worked first as a Planning Officer, and then as a Senior Lecturer and Senior Assistant Professor in the Department of Nursing Science. From 1997 to 2002, she worked as a full-time researcher at the University of Tampere, Department of Nursing Science. In 2002 she moved from Finland to Canada to work as an Assistant Professor at the University of Alberta, Faculty of Nursing and Associate Professor at the University of Northern British Columbia. Since moving to Maine, Kristiina has been appointed Adjunct Associate Professor of Nursing at the University of Southern Maine. The focuses of her research are (a) quality and quality-related issues in healthcare, (b) patient satisfaction, (c) clinical supervision, and (d) teaching and learning nursing. Kristiina is an editorial board member for two international journals: Journal of Nursing Management and Journal of Advanced Nursing. She was the Guest-Editor for the November 2006 Issue for the Journal of Nursing Management. Kristiina also co-chairs the publication committee of the International Network for Doctoral Education in Nursing (INDEN) newsletter. She reviews manuscripts for 10 academic journals and has published 40 articles, nine book chapters and three books. She is also a member of the IRB (MMC), Sigma Theta Tau, Eastern Nursing Research Society (ENRS) and INDEN.



Deb Drew, BSN, MS

RESEARCH COORDINATOR, DEB DREW

Deb joined the Center for Nursing Research and Quality Outcomes in June 2004 as its first Research Nurse Coordinator. She had previously worked at MMC for 17 years in the Neonatal Intensive Care Unit (NICU), left to pursue other opportunities in the healthcare field and returned to MMC in this new position.

Deb provides leadership support for:

- The Clinical Scholar Program
- Development of the Research Mentoring Model
- The Annual Nursing Research Conference
- Nurses on all aspects of nursing research and EBP projects including identification of topics, proposal development, implementation, data analysis, and interpretation of results
- Education about ethical issues related to research and the protection of the rights of human subjects

- Developing and reporting nursing research indicators on the Nursing Balanced Scorecard
- Internal and external resources needed to support research
- Co-chair of the Nursing Research Council

Deb received her BSN from the University of Southern Maine in 1995 and her MS from Northeastern University in Boston in 1998. Deb has served as the principal investigator in both qualitative and quantitative research studies. She has presented both nationally and internationally and has had several publications. A member of Sigma Theta Tau, she is an adjunct instructor at the University of Southern Maine and a reviewer for the Journal of Advanced Nursing and the Journal of Nursing Management. She is also a provider unit member for ANCC.

NURSING ANALYST, CAROLE PARISIEN

Carole is a Nursing Analyst who started to work at Maine Medical Center in 1991 and joined the Center in January 2006. Carole received her Bachelor and Master of Science degrees in Nursing from the University of Southern Maine. Her long nursing career includes a wide range of clinical and management experiences: as a staff nurse on a medical/cardiac step down unit; Head Nurse on a 30+ bed unit, managing 60+ nursing staff; Patient Education Coordinator; Discharge Planning Nurse and Utilization Review Nurse; Clinical Associate and Office Manager for an orthopedic surgery practice and Director of Professional Clinical Services for home parenteral and oxygen therapy services.



Carole Parisien, BSN, MS

Carole provides the leadership support for:

- National Database of Nursing Quality Indicators (NDNQI) & Maine Quality Forum (MQF) as the Site Coordinator who supervises data collection/submission of Nursing Sensitive Indicators and report dissemination
- RN Satisfaction Survey as the Survey Coordinator
- Nursing Practice & Quality Councils
- Policies/Procedures and Nursing Practice Innovations
- Development of nursing documentation forms
- Development of the Raw Data Bank to capture unit-specific quality indicators
- Pressure Ulcer Excel Database to capture data from the monthly prevalence studies
- Nursing Balanced Scorecard to collect and disseminate outcome data

Carole is a member of the Nursing Quality and Practice Councils and Sigma Theta Tau.



Kimberley Harvey, BS, MPH

DATA ANALYST II, KIMBERLY HARVEY

Kimberly joined the Center for Nursing Research and Quality Outcomes in March 2007 as the first Data Analyst. She previously worked as a statistical analyst with the Georgia Division of Public Health in Atlanta, GA, in HIV prevention and evaluation. Kimberly received her BS in health science from Clayton State University in 2003 and her MPH from Mercer University School of Medicine in 2005. Her background includes technological-based statistical methodologies of quantifying health data and information. Her areas of interest include probability and statistics in the use of diagnosis and treatment of disease and disease patterns, survey development,

data management and quality controls, population-specific mapping and study design. She is a member of the American Statistical Association and the American Public Health Association. She has four major publications related to statewide research projects and surveys.

RESEARCH ASSISTANT, DENISE DENDE

Denise joined the Center in February 2007 after providing support for grant proposals, conference abstracts and research literature reviews since September 2006. She has worked in many industries, most recently in biotechnology where she supported research on infectious disease diagnostics. Since joining the Center, she has prepared grant submissions, article manuscripts, literature reviews, and poster presentations. She has also assisted in data analysis, extensive literature searches, manuscript and report editing, study design and protocol development. She collaborates with principal investigators, interdisciplinary research and quality improvement teams to qualify and quantify research questions. She is a team member of an international research initiative and has facilitated ongoing communication among the members of a large multi-site study. She has been reviewing theoretical literature in order to build the conceptual basis with Kristiina for the development of the forthcoming Partnership Care Delivery Model. Further, she has helped to identify the projects and instruments that will be used to test the model.



Magnet Designation: May 2006

Slide presented at Magnet Conference, October 5, 2006 in Denver, Colorado
when Maine Medical Center was recognized nationally.



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